

The Wave



Riding the wave of more effective communication together

FEATHERS AND SCALES BY BRUCE HEIMBACH



**A small tour at the
San Diego Zoo on an
overcast Friday
in October**

Most are feathers (birds) and
scales (lizards and snakes), with
one confusing primate (a
monkey).

TURNING GOALS INTO ART

The clients were asked to find one word that they can use to comprise all their individual goals for the next 15 months. These words are something they can remind themselves to seek out each and every day to attain their own personal goals. Some of them chose word like POSITIVE or CHANGE or JOY or SURVIVOR.

They placed these words on sheet metal with stickers, and then they stamped alcohol ink around the words to fill in the sheet metal. When the stickers were removed, their word came through in silver.



They took these small sheets home to remind themselves of their goals. A larger piece of art was created by both morning and afternoon groups to hang in the adult clinic with all their words displayed.



The morning group



The afternoon group

GET TO KNOW TONY AND SCOTT BY TONY MUNOZ & SCOTT KISSINGER



Tony and Scott

What is your greatest accomplishment?

- **Tony:** Going on tour with Linda Ronstadt. She was singing Mexican music at that time. We were on tour for two years.
- **Scott:** My kids. My wife left us, and I had to raise all three kids at the same time. I was working at the same time too. I was a general foreman so I had a lot of responsibility.

What are you most thankful for?

- **Tony:** My wife and kids. My mom and dad. My brothers and sisters. I have one brother and three sisters. I also have four chihuahuas. They're funny. Especially when I'm eating something, they will come and eat it. They will eat anything!
- **Scott:** Thankful for my wife Marian and my kids. Two or three grandkids. Only the little ones. Everything is going really well, a lot to be thankful for. A beautiful house in valley center.

If a genie granted you one wish, what would you wish?

- **Tony:** For good health and for me and my whole family. I wish I could go back to work, and do trick roping again. My brother owns a construction company, so I would go work for him. I like having cash in my pocket. To be financially independent and not depend on my wife.
- **Scott:** All my children will be safe for a long time.

Where is the most beautiful place you have ever been?

- **Tony:** The most beautiful place I have ever been to is in Canada in Vancouver. We were driving to the hotel, and there were rivers on the side of the road. It was snowing up there, and there was a mama bear with her cubs. It was so beautiful!
- **Scott:** Yosemite. Saw a bunch of rocks, did rock climbing. Oregon is very beautiful too.

What did you do for a living?

- **Tony:** I was a horse trainer. I specialized in baby colts. The colts are unpredictable; you never knew when they were going to spook. I did a little trick roping on the side.
- **Scott:** Construction. Foreman. Built different types of things. Never left Valley Center. I was more running the show and the business. Worked for a big company. They were all my friends and now there's nobody.

What were you interested in when you were a kid?

- **Tony:** I liked horses a lot when I was a kid. I really wanted to learn how to rope.
- **Scott:** Running around. I liked to be outside. Whole family liked to be outside. Climbing trees and jumping off of things. Went down to the surf a lot.

If you could go back in time and give yourself advice, what would you say?

- **Tony:** Stay away from alcohol and drugs. Learn how to save money.
- **Scott:** Slow down a little. Take some time to enjoy where you're at and try not to race away to the next thing.

WORK EXPERIENCE BY HECTOR GONZALEZ AND RANDY NYGAARD



Randy and Hector

Hector and Randy interviewed one another, to learn about the other's family and past work experiences. Here is what they found out about each other:

Hector's interview summary

When Hector was a young teenager, he started working for his father, here in America. They worked for a place that raised chickens - a poultry ranch. Hector said that there were a whole bunch of chickens, and they sold both eggs and meat. When the chickens were very old, that is when they sold them to cook. Hector worked to take care of the chickens, which included feeding them.

After working at the chicken farm, Hector eventually ended up working with plants. He said that he wanted to start doing something of his own. He became quite the gardener, and opened his own business growing and selling plants. His business was based in Valley Center. Hector said that a long time ago, at the time of his plant business, people were spending a lot of money on plants. Specifically, people were buying many plants for the purpose of decorating offices. He became very successful in this business.

Hector also spoke about his hard-working children, whom he is very proud of. It is clear that Hector has been an amazing example of a hard-working man to his children as they have grown to become adults, and to everyone who meets him!

Randy's interview summary

Randy grew up in Palmdale, which is in North LA County. He has had a lot of different jobs throughout his life, but his very first job was in the paper route for Antelope Valley Press. He was in junior high, and inherited the job from his older brothers who passed the paper route down to him. This job was the first of many.

Randy's first job in San Diego County was pulling weeds at a greenhouse. Then he laid carpet in Leucadia. He went on to college to receive his bachelor of science in religious studies. Afterwards, he became a pastor for junior high schoolers, and he married his wonderful wife, Natalie.

Another job that he had, was working at a hardware shop in Solana Beach, called Garden Ranch Supply. Through this job, he helped take care of expensive homes in Rancho Santa Fe. This experience inspired Randy's interest in construction. He ended up building high-end restaurants in San Diego. You may have heard of Puesto in La Jolla and in Seaport Village - that was him! His favorite of the restaurants that he has built is called Kettner Exchange. Building this restaurant was very difficult because they built two levels on a previous site that required a lot of demolition, but Randy likes a challenge! He also loves this restaurant because it has a beautiful view of the bay.

After an interview with Randy, it is clear that he has accomplished a lot so far in his life. However, it is also very clear that his proudest accomplishment overall is his children. This includes his two daughters, Kelsey and Hauna, and the grandchildren that his daughters have given him are his pride and joy as well. Randy has a very close relationship with his family, and is fortunate to spend time with his children and grandchildren weekly.

GET TO KNOW THE STEVE'S BY STEVEN SAILORS & STEVE RAHE

Why are you here?

- **Steven Sailors (SS):** For several reasons. I want to improve my fluency, my thinking, and reading people and control my inappropriate outbursts. I just want to function better and eventually I would like to return to work. I've got a severe stutter and a TBI.
- **Steve Rahe (SR):** I've been benefitting from all the cognitive exercises. I'm lucky in that I didn't have a lot of speech problems. My brain injury retired me. I'd love to say that I'm going back to work. But that is probably not going to happen.



Steven Sailors and Steve Rahe

What was your job?

- **SR:** I was a commercial real estate broker. I sold large apartment buildings for close to 30 years. It was in Denver, CO. I grew up here, I got married and moved to Denver. We raised our family there and then we moved back.
- **SS:** I know that I cannot go back to my old career. That chapter of my life is over, and I have come to accept that. Before my injury I was a 4-star chef. I've worked at places like the Prado in Balboa Park. I worked at Mr. A's restaurant, Cindy Black's Steakhouse, Donovan's Steakhouse. I was the head *saucier* for all the restaurants in the San Diego International Airport. Because of the seizures and the memory loss and left neglect, no restaurant would be willing to pay the liability insurance for me to cook. My goals are to convince my doctor to let me work doing something. I would like to go back to school to get my certification to be a Drug and Alcohol Counselor. I would like to work with veterans.

Do you have any traditions for Thanksgiving?

- **SR:** I am going to be with family, definitely that. We usually eat a big old turkey, mashed potatoes and gravy, and sweet potatoes. My wife makes a green bean casserole that is amazing!
- **SS:** I usually cook whatever my mom wants since my mom's birthday falls around Thanksgiving. This year she said she wants duck and orange sauce.

What do you do for fun now?

- **SR:** What I do on my free time mostly is hang out with my wife's sister. We live about 5 miles apart. Right now, we are going through plans to build a little villa in their backyard.
- **SS:** Are you going to name it Bob?...Bob Vila.

Do you have any children and grandchildren?

- **SR:** Yes, three. Christopher is 29. Scotty is 25. Lauren is 24. Yes, I have a little granddaughter.
- **SS:** I have seven. Their ages range from 30 to 14. I have one son and six daughters. I am even a great-grandfather.

GET TO KNOW MARY AND DAVE BY MARY WOOD & DAVE MARSHALL

Where did you grow up?

- **Dave:** I was born in Egypt and then from there I lived in Libya. Then I moved to England for 2 years for school. I moved to San Diego in the early 60s. I got married and had a daughter. Then we moved to New Jersey and lived there for 10 years. We moved back to San Diego. Then in 1982 we moved to Saudi Arabia and I continued to fly all over.
- **Mary:** I was born in Maryland, but Mom moved around a lot with her three daughters. But we finally came to California. We were in Long Beach and parts of LA like Anaheim. I then at 18 married my husband and moved down here to San Diego and I've never left. I love it down here.



Dave and Mary

Do you have any traditions for Thanksgiving?

- **Dave:** Pretty much the standard Thanksgiving. I do the cutting of the turkey perfectly. People go nuts when it is cut right. The trick to cutting a turkey is to cut the meat completely off the bone and then slice it up into pieces. When the whole family gets together, everybody brings a dish.
- **Mary:** When my children were younger we had them all over and it was just fun all over the house. I liked to cook but their dad did all the cooking. My husband was Filipino so what we would do is on the eve we would have Filipino food and friends would come, then on the day we would have American food and family over. It was always shared like that. I miss it being like that.

What was your first car?

- **Dave:** My first car was a Chevy. My grandmother got it for me. I learned to drive when I was 18.
- **Mary:** Um, we didn't have a car growing up because mom ran it into a tree. My husband taught me how to drive his car. It was a nice one and he taught me a lot. I bought a truck; I wanted a truck. It was a Datsun. Then I bought another Datsun truck, I was my mother's only son.

What was your favorite job?

- **Dave:** That's easy! Flying airplanes! Because I learned in San Diego and then flew in Saudi Arabia. I worked 3 days on and 3 days off. I got better jobs and did more flying. We were flying through Saudi Arabia and Egypt and I could look out and see Alexandria where I was born. I flew in France, Spain, and Switzerland. In 1986, we lived in San Diego and Los Angeles and I continued to fly all over.
- **Mary:** I worked at Balboa Naval Hospital downtown. I really enjoyed my job for many years. I took care of the payroll. That was fun. Things changed, and I took up being the person that send in medications when the elderly patients in the hospital needed it. It took a lot out of me not being able to do that anymore. I've always enjoyed helping people. I've always been that kind of person.

Do you have any children and grandchildren?

- **Dave:** Yes, I have one daughter. Michelle is her name and she has 2 boys. I have two grandsons. The boys are 22 and 20. They live in San Diego.
- **Mary:** I have two boys and a girl. They're all grown up. My daughter lives in Nevada with her daughter. My oldest has a child, he's 24, my grandson. Then there's my little guy, my "oops" and he doesn't have any children yet. And that's it, no more kids for me.

GET TO KNOW THE MUSIC MAKERS: RAJ AND MARK

MARK McLAUGHLIN

Do you have any kids?

- 2 kids, Kelly and Mitchell. Kelly is married and 27; Mitchell is 20

Tell us about being a DJ.

- Produce dance music, mashups (different songs put together)
- Did it at downtown clubs. My DJ name was DJ Grinder Hasn't DJ'd since his accident. About 4-5 years.

If you could meet one artist who would it be?

- Depeche Mode - "Enjoy the Silence"

Mark, what is your favorite kind of music?

- All kinds of music. Likes reggae, UB40, Slightly Stoopid



Mark and Raj

RAJ CHARI

Do you have any kids?

- 11-year-old son

If you could meet one artist who would it be?

- Tupac- easy choice, Ice Cube second choice

What was your career or job before your accident?

- Being a counselor/probation officer all in one. Used to be a case manager for adults with disabilities which helped him to work hard to recover.
- South Side Tribe – a rap group down in San Diego; we came up with the name because we are all from South India.

Have you rapped after your accident?

- Still raps, but not as much as before. Now he does it with his son and his brother just for fun.

When did you have your accident?

- About two years ago. Ran over by an SUV. Broke his pelvis, legs, arms and lost a finger. Drop-foot now, back pain. Lost his voice. Forgot he had a kid. Couldn't swallow, had a breathing tube.

BANDS THAT ROCK BY HEATHER SWANSON AND FRANK FLORES

Heather and Frank discussed different types of music that they like and dislike. Together, they came up with a list of artists. They found that they have many similar interests in music, but there are also some artists that they disagreed on.



Frank and Heather

Artists that both Heather and Frank enjoy:

- Pink Floyd
- The Beatles
- Bob Marley
- AC/DC
- KISS
- Ozzy Osbourne
- Michael Jackson
- Elvis

Artists that Heather likes, but Frank does not like:

- Beach Boys
- Prince

GET TO KNOW JESSICA CORONADO

Where were you born and grow up?

- In Oceanside, California. I've never moved.



Do you have any siblings?

- Yes, two brothers: Jr and Ivan

Do you have any children?

- I have two. A boy and a girl.

Do you have any traditions for Thanksgiving?

- We pray before we eat. Then we can eat later. I like it!

What was your first car?

- A Honda

Did you play any sports?

- Yes, soccer

What do you do for fun?

- I hang out with my cousin Carlos and Cindy. And my kids we play a lot. We play the Lotería -- a game like bingo.



What was your favorite job?

- I liked working for Bank of America.

Do you have a favorite vacation?

- I do, Cabo and Cancun. I love to sun tan. With the hurricane, we didn't get to go this year.

WAYS TO COPE WITH HOLIDAY STRESS

The holidays are coming up, and they can be joyful or stressful (or both!). Managing stress is an important way to reduce your risk for heart disease and stroke.

1 Sleep is key

Sleep is one of the most important factors in determining how stress affects you. Tips to help get the right amount of sleep include setting a sleep schedule, ensuring your bedroom is dark and quiet, and finding ways to relax your mind such as a bedtime ritual or meditation.

2 The power of movement

Getting physical is one of the best ways to manage stress levels. Exercise will improve your mental health and tire you out in a healthy way, which in turn can improve your ability to sleep and recharge.

3 Avoid quick fixes

A stressed-out person may try to cope by smoking or consuming alcohol. Heavy drinking and smoking raise your risk of high blood pressure, heart disease, and stroke.

4 Think about what you eat

If stress typically makes you reach for chocolate or French fries, you're more likely to feel worse than better. Plus, overeating can lead to extra pounds as well as increased cholesterol levels and blood pressure.

5 Share your feelings

Call on members of your support network. You will realize you're not alone.

GET TO KNOW JANE AND DEE BY JANE DE MARCO & DIEDRE FRANCK

How long have you been coming to the clinic?

- **Jane:** Over a year. I have had 4 clinicians.
- **Dee:** Oh, it's been a long time. Let's see, about 4 and a half years.

Do you believe in second chances?

- **Dee:** Yes, I'm experiencing it now. I'm still here, it's not easy. But I'd say coming to the clinic, I can see the progress from where I started to where I am now. Compared to the first time I came and had so much difficulty because of all the distractions.

With friends, it's harder to give second chances. The friends I had before my stroke, I don't see most of them anymore. They feel they have to look out for me.

- **Jane:** Yes. It's easier with family to give second chances than with friends.



Jane and Dee

What is your perfect vacation?

- **Jane:** Italy. I have been before. I traveled there twice. I traveled for one month. Six years ago, I traveled by myself and came back with my brother. This was before my stroke.
- **Dee:** Hawaii or somewhere tropical. It's relaxing. I like the beach if there's some shade. If there is a nice cove that's quiet without many people.

When have you felt your biggest adrenaline rush?

- **Jane:** I sent my three sons skydiving. I watched them do it. I was very nervous about it.
- **Dee:** I hiked Zion. A couple different hikes. You had to hold onto chains for one of the hikes. I knew the cliffs were there, so I just stayed to the left. We went really early in the morning so we wouldn't have to worry about people coming in the other direction.

If a genie granted you 3 wishes, what would you wish for?

- **Jane:** My life again, a personal driver, and house paid off.
- **Dee:** My vision, a personal driver, another car, house paid for, and good health.



MY TRIP TO NEW MEXICO BY PAUL VANDERPLOEG

Toward the end of September, I drove over 650 miles from my home in Carlsbad to New Mexico to visit with my sister and brother-in-law. If driving non-stop, the trip is a 13-hour drive through California and Arizona to New Mexico. I stopped halfway to rest, then finished the drive the next day.

While driving through Arizona, I stopped along the way in Salt River to take photos of the beautiful canyons and landscape.



I continued on my way and arrived at my sister's ranch in New Mexico, which is near Blue River. My sister, Mary, and her husband, Tom, live on a large ranch high in the mountains, at an elevation of about 6,000 feet.

While there, we went hiking, cared for the animals on the ranch, went fishing, and tended to the vegetable garden. We also planted garlic for the winter. There are a lot of different kinds of wildlife in New Mexico, such as beavers, elk, wolves, and deer.



Mary grows her own pumpkins, so she sent me home with one of the pumpkins from the ranch. Last week, my family and I made pumpkin crunch with the pumpkin that my sister gave me. At right, is the recipe for the dessert.

Happy Thanksgiving, everyone!

PUMPKIN CRUNCH

- 30oz. of pumpkin (or 30oz. can)
- 1 cup sugar
- 1 can evaporated milk (12 oz.)
- 3 eggs
- ¼ teaspoon cinnamon
- 1 box yellow cake mix
- 2 sticks melted butter or margarine
- 1/3 cup pecans (optional)

Baking instructions:

1. Preheat oven to 350°. Line 9x13 pan with wax paper.
2. Mix pumpkin, evaporated milk, sugar, eggs, and cinnamon together and pour into pan.
3. Sprinkle cake mix over pumpkin mixture and add pecans if desired.
4. Pour melted butter over cake mix evenly.
5. Bake 50-60 minutes.

Can be served warm or cold with a dollop of whip cream.



FYI: You can always read previous issues of *THE WAVE* by going online to the Speech-Language Clinic page of the CSUSM website: <http://www.csusm.edu/slp/clinic/thewave.html>